

## Curriculum Vitae

### **VIDUSHI DIXIT**

Assistant Professor  
P.G. Department of Psychology  
Munshi Singh College  
Motihari-845401  
Bihar

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### **ACADEMIC QUALIFICATIONS:**

- Ph.D. in Psychology from Bharathiar University, Coimbatore in 2022
- Masters of Arts in Psychology from Lucknow University, secured I<sup>st</sup> division with 69.96% in 2013
- Bachelors of Arts from Lucknow University, secured I<sup>st</sup> division with 62% in 2011
- Certificate of Proficiency in French from Lucknow University in 2010
- Passed 12<sup>th</sup> from ISC Board, secured I<sup>st</sup> division with 64% in 2008
- Passed 10<sup>th</sup> from CBSE Board, secured I<sup>st</sup> division with 69.4% in 2006

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### **HONORS & AWARDS:**

- Awarded JRF from DIPR, DRDO, Delhi in Dec, 2013.
- Qualified UGC NET-JUNE, 2013.

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### **WORK PROFILE:**

- I. Worked as Assistant Professor in Department of Psychology, Banasthali Vidyapith, Banasthali, Rajasthan from 22/07/2015 to 28/06/2017.
- II. Worked as Junior Research Fellow in Defence Institute of Psychological Research, DRDO, Delhi from 03/01/2014 to 21/07/2015.
  - Co-Investigator in the project of Development of Norms for Intelligence Tests.
  - Assisted in following Assignments-
    - i. Conduct of Language Aptitude Test for Armed Forces at DIPR.
    - ii. Conduct of Intelligence Test for Course Trainees at DIPR.
    - iii. Making Item Bank of Intelligence Test.

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### **WORKSHOPS ORGANIZED:**

1. Organized seven days National workshop on 'Sustainable Mental Health: An Insight into the Learner's World' organized by Faculty Development Centre, Banasthali Vidyapith under the scheme of Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching, MHRD, Govt. of India from 23<sup>rd</sup> - 29<sup>th</sup> Mar, 2017.
2. Organized three days National workshop on 'Rational Emotive Behavior Therapy (Level-I)' organized by Department of Psychology, Banasthali University from 12<sup>th</sup>-14<sup>th</sup> Nov, 2016.

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## LECTURES / TALKS DELIVERED:

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1. Chaired a scientific session and delivered a lecture on “Behavioral Challenges induced by Lockdown” in a National Webinar on “Corona Pandemic: Challenges & Solutions” organized by Department of Psychology, Dayanand Vedic College, Orai (Jalaun) from 02<sup>nd</sup> – 03<sup>rd</sup> May, 2020.
2. Chaired a Technical session in an ICSSR sponsored National Seminar on Adolescent's Behavior: Care vs Concern on 17-19 Aug, 2018 organized by Department of Psychology, Banasthali Vidyapith, Banasthali, Rajasthan, India.
3. Delivered lectures as resource person in the DCGC 2016 contact programme at Regional Institute of Education, Ajmer, Rajasthan from 19/07/2016 to 21/07/2016.
4. Delivered lecture on ‘Utility of Counseling’ in one day NSS Camp organized by National Service Scheme, Banasthali University on 02<sup>nd</sup> Oct, 2015.
5. Expert in Talk show ‘Mood Swings’ organized by Banasthali Institute of Design, Banasthali University on 30<sup>th</sup> Oct, 2015.

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## ADMINISTRATIVE DUTIES:

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1. Member of Internal Committee of M. S. College since 2021
2. Member of Library Committee since 2020
3. Member of P.G. Admission Committee of M. S. College in 2019
4. Member of Anti Ragging Cell of M. S. College since 2019
5. Member of IQAC of M. S. College since 2019
6. Coordinator of UGC sponsored Coaching Classes for Entry in Services for SC/ ST/ OBC (Non Creamy Layer) & Minority Community Students since 12/12/2018.
7. Delegated signatory authority on behalf of Principal on CLC and important work of the college related to students in 2017.
8. Professor-In-Charge of Central Library of M. S. from 2017-19.
9. Member of Core committee for the Foundation Day of M. S. College in 2017

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## PUBLICATIONS:

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1. Pandey, R.P., Dalal, M., **Dixit, V.**, Yadava, V., Awasthi, P., Singh, R., & Sharma, M. (2023). Role of Eve Teasing and Depression in Suicidal Ideation of Girls. *InSPA Journal of Applied and School Psychology*. 4(2), 80-90. (ISSN NA), UGC Care listed.
2. Pandey, R.P., Bansal, S., Vivek, H., **Dixit, V.**, & Awasthi, P. (2023). Benevolent and Hostile Sexism among Adolescents: Role of Parental and Peer attachment. *Indian Journal of Health, Sexuality and Culture*. 9(1), 37-50.(ISSN 2581-575X), UGC Care listed.
3. Kumar, A. & **Dixit, V.** (2023). **आत्महत्या के कारणों का विश्लेषण : एक नया दृष्टिकोण** : आन्या प्रकाशक, दिल्ली (ISBN 978-93-92380-56-3)
4. **Dixit, V.** & Ramachandran, K. (2020). Marital Adjustment and Interpersonal Needs of Married Individuals. *Defence Life Science Journal*. 5 (2), 141-150. (Scopus Indexed Journal: pISSN: 2456-379X; eISSN: 2456-0537), doi: 10.14429/dlsj.5.15341
5. **Dixit, V.** & Ramachandran, K. (2019). Transactional Analysis: A Marital Therapy. *Indian Journal of Health and Well-Being*. 10 (12), 362-367. (ISSN 2229-5356)

6. Baghel, S & **Dixit, V. (2019)**. Invisible Shades of Parenting. *Emerging Issues and challenges of the Adolescent's Behavior*. 109-115. (ISBN 978-81-93676-06-6)
7. Sharma, B. & **Dixit, V. (2017)**. Role of physical appearance in self-esteem and interpersonal communication. *Recent Advances in Psychology - An International Journal*. 4 (1), 166-178. (ISSN 2395-5465; UGC Sl. No. 43276)
8. Kumar, A. & **Dixit, V. (2017)**. Altruism, Happiness and Health among Elderly People. *Indian Journal of Gerontology*. 31 (4), 480-496.(ISSN 0971-4189; UGC Sl. No. 20786)
9. Agarwal, A. & **Dixit, V. (2017)**. The Role of Meditation on Mindful Awareness and Life Satisfaction of Adolescents. *Journal of Psychosocial Research*. 12 (1), 59-70. (ISSN 0973-5410; UGC Sl. No. 49050)
10. **Dixit, V.**, Kaur, G. & Shanwal, V.K. (2017). Emotional Intelligence in Indian Folklore. *Integrated Journal of Social Sciences*. 4 (1), 1-8. (ISSN 2348-0874; UGC Sl. No. 63602)
11. **Dixit, V.** & Shukla, A. (2016). The Psychological Life Positions of Youth in the Context of Nirbhaya Incident. *Journal of Psychosocial Research*. 11 (4), 33-42. (ISSN 0973-5410; UGC Sl. No. 49050)
12. **Dixit, V.** & Kumar, A. (2015). Attachments: The roots of Love. *International Journal of Education and Psychological Research (IJEPR)*. 4 (4), 40-45. (ISSN 2349-0853)
13. Kumar, A., & **Dixit, V. (2014)**. Forgiveness, Gratitude and Resilience among Indian Youth. *Indian Journal of Health and Well-being*. 5(12), 1414-1419. (ISSN 2229-5356; UGC Sl. No. 42787)
14. Kumar, A., & **Dixit, V. (2014)**. Forgiveness: An Incredible Strength. *Indian Journal of Positive Psychology*, 5(1), 90-93. (ISSN 2229-4937; UGC Sl. No. 42790)

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#### **PAPERS PRESENTED:**

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1. Presented a paper entitled 'Behavior: A Boon or Bane' in National Webinar on 'Corona Pandemic: Challenges & Solutions' on 2-3 May, 2020 organized by Department of Psychology, Dayanand Vedic College, Orai, Jalaun, India.
2. Presented a paper entitled 'Glimpses of Emotional Intelligence in Ramayan: A Qualitative Investigation' in 8<sup>th</sup> International Conference on Bhagavad Gita and Ramayan as Perennial Sources of Leadership on 15-16 Feb, 2020 organized by School of Management Sciences, Varanasi, India.
3. Presented a paper entitled 'Grey Shades of Parenting' in an ICSSR sponsored National Seminar, on Adolescents Behavior: Care Vs Concern on 17-19 Aug, 2018 organized by Department of Psychology, Banasthali Vidyapith, Banasthali, Rajasthan, India.
4. Presented a paper entitled 'Forgiveness: An Incredible Strength' in 4<sup>th</sup> International conference on Psychology and Allied Sciences on 16-18 January, 2016 organized by Indian Association of Health, Research and Welfare as well as Carmel College for Women, Goa, India.
5. Presented a paper entitled 'Attachment: The Roots of Love' in 1<sup>st</sup> International and 3<sup>rd</sup> National conference on Positive Psychology: The Ripple Effect on 27 Feb-01 March, 2015 at Manav Rachna International University, Faridabad, Haryana, organized by Indian Association of Positive Psychology & Manav Rachna International University.
6. Presented a paper entitled 'Altruism, Happiness and Health among Elderly people of India' in 1<sup>st</sup> International and 3<sup>rd</sup> National conference on Positive Psychology: The Ripple Effect on 27 Feb-01 March, 2015 at Manav Rachna International University, Faridabad, Haryana,

organized by Indian Association of Positive Psychology & Manav Rachna International University.

7. Presented a paper entitled 'Forgiveness, Gratitude and Resilience among Indian Youth' in 3<sup>rd</sup> International conference on Psychology and Allied Sciences on 25 - 27 September, 2014 at Amity University, Noida, organized by Amity Institute of Psychology & Allied Sciences, Amity University and Indian Association of Health, Research and Welfare.
8. Presented a paper entitled 'Women & Mental Health' sponsored interdisciplinary seminar on 'Women's choices: Women's Realities' organized by the Department of Psychology, Lucknow University, Lucknow on 08 March, 2013.

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**WORKSHOPS/ TRAININGS/ SYMPOSIUMS ATTENDED:**

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1. Attended 04 days National level webinar on Current Trends Current Trends in Research & Innovation - Research Paper Publications - IPR and Patents – Research Projects & Fundraising” conducted by "Institute for Academic Excellence, Hyderabad" in collaboration with "Collegiate Education & Technical Education Department, Telangana State from 27<sup>th</sup> - 31<sup>st</sup> August 2021.
2. Attended 14 days UGC sponsored 10<sup>th</sup> Refresher Course in Environmental Studies (Multidisciplinary) organized by UGC-HRDC, Banaras Hindu University, Varanasi from 10<sup>th</sup> – 23<sup>rd</sup> Feb, 2021.
3. Participated in an International Web-Seminar on “Current Global Scenario and India: Challenges, Prospects & Role” jointly organized by Bharatiya Shikshan Mandal, Kanpur & Shodh-Dhara, Orai from 15<sup>th</sup> – 17<sup>th</sup> May, 2020.
4. Attended 07 days Online National Workshop on “E-Content Development in Education Sector” organized by Department of Commerce, Arya Mahila P. G. College, Varanasi from 22<sup>nd</sup> – 28<sup>th</sup> Apr, 2020.
5. Attended 21 days UGC sponsored 111<sup>th</sup> Orientation Programme organized by UGC-HRDC, university of Rajasthan, Jaipur from 02<sup>nd</sup> – 21<sup>st</sup> Sep, 2019.
6. Participated in seven days National workshop on ‘Value and Ethics: Need of the Hour’ organized by Faculty Development Centre, Banasthali Vidyapith under the scheme of Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching, MHRD, Govt. of India from 17<sup>th</sup> – 23<sup>rd</sup> Dec, 2018.
7. Attended one day International Seminar on “Transition: Adolescence to Adulthood” organized by PYSSUM Research & Training Centre in collaboration with CDD-University of New Mexico, supported by Mohini's Shawls of USA held at Regional Science City, Lucknow on September 27, 2017.
8. Participated in seven days National workshop on ‘Sustainable Mental Health: An Insight into the Learner's World’ organized by Faculty Development Centre, Banasthali Vidyapith under the scheme of Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching, MHRD, Govt. of India from 23<sup>rd</sup> - 29<sup>th</sup> Mar, 2017.
9. Participated in three days National workshop on ‘Rational Emotive Behavior Therapy (Level-I)’ organized by Department of Psychology, Banasthali University from 12<sup>th</sup>-14<sup>th</sup> Nov, 2016.
10. Attended 07 days hands on training workshop on ‘Qualitative Research: Creating meaning’ organized by Department of Psychology, Lucknow University from 13<sup>th</sup>-19<sup>th</sup> Mar, 2016.
11. Attended Targeted Training Course on ‘Advance Multivariate Analysis’ from 22-24 June, 2015 at DIPR, DRDO.
12. Attended 10 days workshop on Research Methodology Course sponsored by ICSSR from 11-20 July, 2014 in KMCPGS, Puducherry.
13. Participated in a symposium on ‘Child Sexual Abuse -Prevention & Response’ organized by IMA & CMAAO, in association with UNICEF on 7<sup>th</sup> June, 2014.

14. Attended Targeted Training Course on 'Basics of Research Methodology' from 15-17 April, 2014 at DIPR, DRDO.
15. Attended official Transactional Analysis -101 Course organized by ITAA in Hyderabad from 29-30 March, 2014.
16. Participated in HR Conclave- 2014 seminar on 'Leadership for Sustainable Growth' by Indian Oil Corporation limited, Noida on 18 Jan, 2014.
17. Attended National workshop on 'RESEARCH METHODOLOGY & SPSS' organized by Department of Psychology, Lucknow University from 15-21 Oct, 2012.
18. Participated in one day workshop on 'Counseling Children & Adolescents' by Prof. Shekhar P. Sheshadri from NIMHANS, Bangalore on 20 Aug, 2012.

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#### **CO-CURRICULAR ACTIVITIES:**

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1. Ist Prize in Self-Composed Poetry Competition organized at DIPR, DRDO, Delhi on 30 Sep, 2014.
2. Ist Prize in Antakshari Competition organized at DIPR, DRDO, Delhi on 24 Sep, 2014.
3. IInd Prize in Badminton Competition (Doubles) organized at DIPR, DRDO, Delhi
4. Participated in Chess Competition organized by DIPR, DRDO, Delhi.
5. Participated in Poetry Recitation Competition organized by Sanskritki, University of Lucknow on 17<sup>th</sup> Feb, 2013.
6. Participated in Dumb Charade Competition organized by Sanskritki, University of Lucknow on 16<sup>th</sup> Feb, 2013.
7. III<sup>rd</sup> Prize in Elocution Competition in Inter Collegiate Cultural Festival, organized by Avadh Girl's Degree College, Lucknow on 21<sup>st</sup> Jan, 2013.
8. III<sup>rd</sup> Prize in Antakshari Competition in Inter Collegiate Cultural Festival, organized by Avadh Girl's Degree College, Lucknow on 21<sup>st</sup> Jan, 2013.
9. Consolation Prize in Poetry Writing Competition organized on National Youth Day, by University of Lucknow under the aegis of UPSACS on 12<sup>th</sup> Jan, 2013.
10. I<sup>st</sup> Prize in Poem Recitation event of Youth Festival organized by Students Federation of India, in 2012.
11. Ist Prize in Speech Competition organized by Vivekanand Kendra Kanyakumari & N.S.S. on 11<sup>th</sup> Sep, 2012.
12. IInd Prize in Choreography Competition organized by Kailash Hall, University of Lucknow in 2012.
13. III<sup>rd</sup> Prize in Debate Competition organized by Kailash Hall, University of Lucknow in 2012.
14. Special award for good conduct in Kailash Hall, University of Lucknow in 2012.
15. III<sup>rd</sup> Prize in Elocution Competition organized by Kailash Hall, University of Lucknow in 2011.
16. Special Award for being the most Co-operative student in the hostel in Kailash Hall, University of Lucknow in 2011.
17. Certificate for Valuable Contribution to celebration of World AIDS Day organized by Lucknow University, Red Ribbon Club on 1<sup>st</sup> Dec, 2010.
18. Special Award for active participation in the activities of hostel by Kailash Hall, University of Lucknow in 2010.
19. Special Award for being the Most Co-operative Student of the hostel in Kailash Hall, University of Lucknow in 2009.
20. Participated in two days 'Workshop of 'Project Shakti- Women Empowerment Program' organized by TKFI & ICFE in Kailash Hall, Lucknow in 2008.
21. IInd Prize in Skit Competition organized in Mariampur Senior Secondary School in

2004.  
22. IIIrd Position in Internationl Chinthana Mathematics Examination organized by  
Mariampur Senior Secondary School in 2003.

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**AREAS OF INTEREST:**

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- Transactional Analysis
- Positive Psychology
- Counseling Psychology
- Social Psychology
- General Psychology

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**HOBBIES:**

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- Cooking
- Sketching
- Astrology

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**PERSONAL DETAILS:**

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|-------------------|-------------------------------|
| Name              | : Vidushi Dixit               |
| Father's Name     | : Mr. Arun Kant Dixit         |
| Mother's Name     | : Mrs. Renu Dixit             |
| Date of Birth     | : 27 <sup>th</sup> June, 1990 |
| Sex               | : Female                      |
| Category          | : General                     |
| Marital Status    | : Single                      |
| Languages Known   | : Hindi, and English          |
| Permanent Address | : Kanpur                      |
| Nationality       | : Indian                      |

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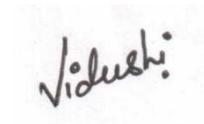
**DECLARATION:**

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I hereby declare that the above information produced is true to the best of my knowledge.

Date: 05/03/2024

Place: Motihari



**VIDUSHI DIXIT**